health practitioners
complementary/alternative medicine
preventive care
to enhance hospital productivity
to promote healthy ageing
to meet the healthcare needs
to recover from acute diseases
to battle chronic afflictions
growing demand for healthcare services
to fend off diseases before they arise
to mitigate their worst effects
to promote health initiatives
to reduce the scourge of infectious and chronic diseases
measures such as vaccination drives and educational campaigns help prevent contagious diseases
promoting healthy lifestyles helps battle chronic illnesses
to tighten anti-smoking policies
to underfund immunisation programmes
an ounce of prevention is worth a pound of cure
the costs are mounting
to lead active, productive lives
a holistic approach to feeling well
clinics provide acupuncture
to minimize the risks of misused remedies
the efficacy of acupuncture to relieve pain and nausea
hypnosis and relaxation techniques
to alleviate anxiety, panic disorders and insomnia
yoga can reduce asthma attacks
to address chronic conditions
impact on infectious diseases
create a stronger evidence base
promote therapeutically sound use of alternative medicine
to expand the health workforce
education of health workers
critical shortages of health workers
to scale up health education
reforms in education
collaboration between the education and health sectors
to reform teaching curricula
to obtain free healthcare
patients face charges
to seek treatment
patients’ eligibility for treatment
to balance tight budgets with rising public expectation
cripples in the street
people dying of treatable diseases
incurable disease/untreatable disease
to provide medical services to the entire population
regardless of people’s ability to pay
to forge national health provision

www.kuzina.me
an accessible public-health insurance system
dоступная система страхования здоровья населения
to break the link between earnings and health entitlements
разорвать связь между заработком и правом на получение услуг здравоохранения
cost-efficiency of medicines and treatments
эффективность затрат лекарств и лечения
the performance of hospitals and surgeons
эффективность больниц и хирургов
overuse of the service for transient ailments
чрезмерное использование сервиса при кратковременных недомоганиях
wellness industry
индустрия здоровья

Reading links:

Preventive care and healthy ageing  (download PDF from the left column and read Chapters 1-3, the Conclusion and the chapter about the situation in Russia)

World Health Organization: WHO launches the first global strategy on traditional and alternative medicine

World Health Organization: Transformative scale up of health professional education

How to sell the NHS

The NHS at 65: 'Health tourists' to be charged for care

Essay topics:

1. Currently there is a trend towards the use of alternative forms of medicine. However, at best these methods are ineffective, and at worst they may be dangerous. To what extent do you agree with this statement?

2. “Prevention is better than cure”. Out of a country’s health budget, a large proportion should be diverted from treatment to spending on health education and preventive measures. To what extent do you agree or disagree with this statement?

3. Most developed countries spend a large proportion of their health budgets on expensive medical technology and procedures. This money should be spent instead on health education. To what extent do you agree or disagree?
4. The quality of health care a person receives should not depend on the size of their bank balance. The government is responsible for providing a high level of health care for all its citizens. To what extent do you agree or disagree?

5. Some people say that the best way to improve public health is by increasing the number of sports facilities. Others, however, argue that this would have little effect on public health and that other measures are required. Discuss both these views and give your own opinion.